



June 2009

Menus Subject to Change Without Notice

Milk served with meal.

723-3303



<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
1 Swiss Steak Noodles Squash Blend Cole Slaw Whole Wheat Bread Orange Wedges	2 Turkey Steak Mashed Potatoes/Gravy Bean Medley Cottage Cheese/Pear Salad Biscuit Brownie	3 Birthday Party Meat Loaf Mashed Potatoes/Gravy Key Largo Vegetable Marinated Carrots Whole Wheat Roll Cake and Ice Cream	4 Baked Cod Baked Potato Peas and Carrots Tossed Salad Corn Muffin/Honey Butter Frosted Banana Bar	5 Lasagna Italian Beans Bread Stick 3 bean salad Apple Crisp
8 Swiss Chicken Casserole Broccoli Stewed Tomato Whole Wheat Roll Cookie	9 Taco Salad Chips and Salsa (Center Only) Corn Muffin Fruit Cup Strawberry Rhubarb Pie	10 Swedish Meatballs Rice Scandinavian Blend Veggie Whole Wheat Bread Spinach Salad Peach Cobbler	11 Myer's Day BBQ Chicken Yummy Potatoes Mixed vegetable Creamy Cucumbers Biscuit Peanut Butter Cookie	12 Sweet 'n' Sour Pork Rice Oriental Blend Vegetable Egg Roll Chinese Cabbage Salad Whole Wheat Roll Pudding/Fortune Cookie
15 Gillies Beef Tips Mashed Potatoes Spinach Whole Wheat Roll Broccoli Salad Coconut Crunch	16 Spaghetti/Meat Sauce Italian Blend Vegetable Bread Stick Tossed Salad Lemon Bar	17 Mini chef's Salad/Hard Boiled Egg Baked Potato Soup Tropical Fruit cup Blueberry Muffin Oatmeal Cookie	18 City Lunch Sloppy Joe Sweet Potato Fries Macaroni Salad Veggies/Dip Pumpkin Square	19 Father's Day Lunch Chicken Fried Steak Mashed Potatoes/Gravy Country Blend Vegetable Biscuit Cole Slaw Apple Pie
22 Hamburger Noodle Bake Capri blend Vegetable Cinnamon Apple Sauce Whole Wheat Roll Cook's Choice Dessert	23 Fruited Chicken Salad Cantaloupe Rings Dry Jello Salad Muffin Pickles/Olives Peanut Butter Bar	24 Paprika Chicken Mashed Potatoes/Sour Cream Gravy German Vegetable Tossed Salad/Edamame Biscuit Fresh Fruit	25 Stuffed Peppers Steamed Carrots Spinach/Tortellini Salad Whole Wheat Roll Raisin Bar	26 Natl. Chocolate Pudding Day Roast Turkey Stuffing/Gravy Green Beans Waldorf Salad Whole Wheat Bread Chocolate Pudding
29 Chicken Enchilada Spanish Rice Zucchini Squash Tossed Salad/Black Beans Corn Muffin Chocolate Chip Cookie	30 Tuna Casserole Country Blend Vegeta- ble Biscuit Fruited Cole Slaw Lemon Bar	NOTICE Congregate lunch contributions are anonymous and confidential. Suggested donation per meal is \$2.50 for those 60+ and \$4.60 for those under 60. Please sign up for lunch one day in advance, especially on those days when the meals are sponsored by a local business. The staff appreciates your cooperation.		